

# Royal Cross Primary School

Lancashire's school for deaf children

## WHO?

**Yoga**  
Oak Class

## WHEN?

**14<sup>th</sup> Sept 2020 -  
19<sup>th</sup> October  
2020**  
Weekly 1hr  
lesson for 6  
weeks

## WHY?

- Enhance strength, co-ordination and flexibility
- Encourage body awareness and self esteem
- Reduce anxiety, stress and promote a sense of calmness

## WHERE?

Royal Cross  
Primary  
School

18/11/2020

